

## Permanent Relief for Chronic Constipation

Knowledge and Practice of Correct Daily Habit the Great Essential.

Constipation is a condition affecting all classes of all people and can be permanently relieved only by acquiring habits of regularity.

The most natural time for the eliminative process is in the morning when both the muscular and nervous systems are relaxed by sleep and rest. When relief does not come readily, it is an excellent plan to take a mild laxative at bedtime. Cathartics and purgatives, that by the violence of their quick action shock and disturb the system, should not be employed.

An effective laxative remedy that is very dependable, and which does not gripe or otherwise disturb the organs involved, is found in a combination of simple laxative herbs known as Dr. Caldwell's Syrup Pepsin that can be bought at the drug store for fifty cents a bottle.

Mrs. C. C. Allen, 215 Foam St., New Monterey, Calif., wrote to Dr. Caldwell that she "found Dr. Caldwell's Syrup Pepsin just what was needed for constipation and distress of the



MRS. C. C. ALLEN.

stomach after eating. It should be in every household."

Get a bottle of Dr. Caldwell's Syrup Pepsin and keep it in the house to use when occasion arises. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill.

Timid Rastus. "What? Yo' calls Rastus Johnsing a brave man whas afraid of nuthin' nor nobody?" "Dat's de kind of a pusson I always took Rastus to be." "Lemme tell yo' something. Rastus was at de ball las' night, an' when de trouble started he didn't have nuthin' but a safety razor."

### PREPAREDNESS I

To Fortify The System Against Grip. Grip is prevalent LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients, destroys germs, acts as a Tonic and Laxative and thus keeps the system in condition to withstand Grip, Grip and Influenza. There is only one BROMO QUININE. E. W. GROVE'S signature on box, etc.

### No Change.

Evelyn—How old is Mabel? Edith—Twenty-four her last six birthdays.

### Ec-Zene Kills Eczema.

Let us prove it. Accept no substitute. If your Druggist does not have it, write to Ec-Zene Co., St. Paul, Minn.—Adv.

Children and men play at ball and boys with children fold their arms I look on.

Dr. Pierce's Pellets are best for liver, colds and stomach. One little Pellet for active three is a cathartic.—Adv.

It is easy to find a man who is willing to give a lift.

Fifty Dollars by First Application. Send in one to day by FAXO OINTMENT, the universal remedy for all forms of Piles. Druggists refund money if it fails. 50c.

Japan is proud of her emperor because he is a zealous soldier and a true son of the people.

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ALIMENT

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HAIR BALSAM  
A toilet preparation of merit. Restores color and beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

## THE NEWEST REMEDY FOR BACKACHE, RHEUMATISM AND DROPSY

Kidney, Bladder and Uric Acid troubles bring misery to many. When the kidneys are weak or diseased, those natural filters do not cleanse the blood sufficiently, and the poisons are carried to all parts of the body. There follow depression, aches and pains, heaviness, drowsiness, irritability, headaches, chilliness and rheumatism. In some people there are sharp pains in the back and loins, distressing bladder disorders and sometimes obstinate dropsy. The uric acid sometimes forms into gravel or kidney stones. When the uric acid affects the muscles and joints it causes lumbago, rheumatism, gout or sciatica. This is the time to send Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for large trial package of "Anurie."

Love is a disease that most girls catch as often as they are exposed. Affection in dress indicates a flaw in the intellect.

## UNION ENDORSES WAREHOUSE LAW

PROGRESSIVE PROGRAM OUTLINED AT FARMERS' UNION CONFERENCE.

### ORGANIZE AND COOPERATE

Nearly Every County in the State Is Represented at Meetings.—Some Prominent Speakers.

Columbia.—Speakers addressing the conference held in Columbia under the auspices of the South Carolina State Farmers' Union stressed the necessity of organization and co-operation among the farmers and business men of the state if the agricultural resources are to be developed to the highest point. Practically every county in the state was represented at the meetings, which were held in the chapel at the University of South Carolina. H. T. Morrison of Charleston county, president of the union, presided at the sessions.

President Morrison made a short opening talk emphasizing the great necessity of organization and co-operation among the farmers. He gave some instances of actual co-operation. The Citrus Growers' association of southern California, he said, has been doing a very large business on a very small paid up capital. "Carloads of oranges," he said, "are sold while rolling. Fruit is sold through the agency for the benefit of all its members, thereby securing the benefits of genuine co-operation." An outline of the work of the Scott County Cotton Growers' association in Arkansas was sketched by the speaker, giving their plan of co-operative selling of cotton and cotton seed and showing advantages of same to the individual members. Instances of the loss to the farmer through lack of information and lack of co-operation were given by Mr. Morrison.

Passage of a series of resolutions intended to aid in the betterment of agricultural conditions in the state market were adopted at the night session of the conference. The session was held immediately following the address at the state house by Clarence Poe.

The purpose of the state warehouse system was outlined in an address by John L. McLaurin, commissioner. He explained the system of grading cotton. He said that the warehouse system should be further developed and a selling agency established as a part of its work.

The farmers' conference adopted resolutions endorsing: Re-election of John L. McLaurin as warehouse commissioner. Act for Torrens system of registration of land titles. Continuation of appropriation for cattle tick eradication. Creation of a system of rural credits. Appropriation to meet the terms of the Lever bill. Some provision for combating the ravages of the coming boll weevil. A bill enlarging the scope of the state bureau of marketing.

Governor Names Delegates. Columbia.—Gov. Manning has appointed the following delegates to the 12th annual conference of the national child labor committee, to be held in Asheville, February 3 to 6: The Rev. Z. T. Cody of Greenville, George B. Cromer of Newberry, John Porter Hollis of Rock Hill, the Rev. A. T. Jamison of Greenwood, Joseph A. McCullough of Greenville, J. Whitner Reid of Columbia and W. F. Stackhouse of Marion.

Coast Artillery Company Ready. Spartanburg.—The Spartanburg Coast Artillery company, fully manned and officered, awaits official recognition from the office of the adjutant general of South Carolina. The following permanent officers have been selected: J. M. Wallace, captain; J. Hertz Brown, first lieutenant; J. N. Wright, second lieutenant; Allen Rogers, secretary and treasurer.

Guard Appeals to Solons. Columbia.—The necessity for an appropriation of \$25,000 to reimburse the federal government for property shortage was stressed at two sessions of the National Guard Association of South Carolina. A committee was appointed to confer with the ways and means committee. "It will be the last call for the National Guard if the legislature fails to make the appropriation," said one of the members. Thirty officers attended the meeting. Governor Manning and several others addressed the association.

The following officers were re-elected at the night session: Maj. Patrick J. Drew of Barnwell, president; Maj. R. F. Watson, of Greenville, first vice president; Maj. A. H. Silcox of Charleston, second vice president; Maj. J. Shapter Caldwell of Columbia, secretary; Capt. A. C. Doyle of Columbia, treasurer, and Lieut. Bartley Bull, South Carolina naval militia, recorder.

The members of the legislative committee are: Maj. R. F. Watson, Maj. J. J. S. Caldwell, Capt. J. Frost, Maj. J. S. Caldwell, Capt. J. Frost and Lieut. George W. Beckett.

## INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute of Chicago.)  
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### LESSON FOR JANUARY 30

#### THE LAME MAN LEAPING.

LESSON TEXT—Acts 3. GOLDEN TEXT—Peter said, "Silver and gold have I none; but what I have that give I thee. In the name of Jesus Christ of Nazareth, walk."—Acts 3:6 R. V.

The coming of power (chapter 2) is soon tested outside of the circle of believers. It is put to a public test, is tried as to its efficacy physically, i. e., has the Holy Spirit power physically as well as over the spirits of men?

1. The Appeal to Peter and John, vv. 1-10. Following Pentecost the disciples seem to have continued their accustomed mode of life. (1. The apostles and worship (v. 1). As yet, and indeed for many years to come, there was no particular separation of Jews and Christians.

Praying men like these two leaders, Peter and John, continued to fulfill their temple duties. The ninth hour was the prayer hour, the hour of sacrifice (Ex. 29:39, I Kings 18:36).

All true approach to God must be on the grounds of sacrifice (John 14:6, Heb. 9:22) and we must remember that this hour was the one at which Jesus died for us, our sacrifice (Heb. 10:19, 29).

Emphasize the need and importance of worship and prayer.

(2) The afflicted one (v. 2). This man had been there often and made his usual appeal; his expectation was limited to material aid (v. 5); he may or he may not have been familiar with Christ and his teachings, but something unusual was about to happen because the two to whom he appealed really knew God and on them now rested this new power in the world.

(3) The apostle's response (vv. 4-7). Peter took a good look at the man (v. 4). Peter was changed by a look (Matt. 16:7). What he saw was the man's fundamental spiritual need. (a) Demanding the man's undivided attention, Peter gave the man what he had not—not what the man wanted or expected.

Peter's words, "Look on us," and Paul's "be ye followers of me" (I Cor. 4:16) are in no wise egotistical, but in each case the fearless appeal of a man wholly God's, men conscious of the endowment of power, trying to seize the wavering wills of men that they might point them to Christ. (b) Peter aroused the man's expectancy.

It is usually men lacking in silver and gold who give to the world its greatest blessings and highest good (I Cor. 4:11).

Every effective Christian worker must base his appeal upon the facts of a personal experience (I Pet. 4:10, 11). (d) Peter bade the man to do the very thing he (humanly) could not do, but the thing which, "in the name of Jesus Christ" he would be able to do.

(4) The result. (1) Upon the man. There is no doubt as to the completeness of the cure (v. 8). He had "strength;" was "lifted up" from his former position of weakness; he "leaped" (literally, ecstatic joy); he "walked," continuous activity; and he "worshiped," thanksgiving and renewing of strength. (2) Upon the people. (a) "All the people saw." They may not have heard or comprehended the words of Peter, but they did witness the transformation. (b) "They took knowledge" (v. 10), they began to observe, even as the world always does, the one who professes his faith in Christ? (c) They were filled with "wonder and amazement" (v. 10), they could not understand. No more can the world of today (see I Cor. 1:18, 23) really comprehend the Christian. There was no guesswork, however, about this miracle, and, of the people who witnessed it and were so filled with wonder and amazement, many were converted (ch. 4:4).

The miracle served to get for the gospel a good hearing and it accomplished its purpose (Rom. 1:16).

II. Peter's Appeal to the People, vv. 11-26. Notice it was the man who attracted the crowd, not Peter or John, for he eagerly held the disciples while the crowd gathered (John 5:10, 11). This may suggest the weakness of the man's faith in that he depended upon Peter and John rather than upon Jesus. (1) Peter seized this opportunity (v. 12) and began his salutation by taking advantage of their curiosity. Peter eagerly turned their thoughts from himself unto Jesus. He wished to divert attention from himself and used the miracle for the double purpose of glorifying Jesus Christ and to convict these men of their sin.

Verses 13, 14, 15 contain the charges, whereof Peter and John were "witnesses." They were not to look upon "us" as though they had done anything, nor was it some new God of whom they witnessed (v. 13). The act of the crucifixion, he grants, may have been consummated in ignorance (v. 17), but since God had raised Jesus from the dead, and this doctrine of the resurrection was new, therefore they ought to repent even though their acts were in accord with prophecy.

Peter appeals to Jewish pride. Is such an appeal legitimate?

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Nancy Hall, Porto Rico Yam, Dooley Yam and Triumph Potato Plants, shipment after March the first. Quota \$1.50 per 1,000 plants or at \$1.40 per 1,000 lots or more. Write or wire. T. B. HAWKINS, Prop. Enterprise Plant Farm, PLANT CITY, FLA.

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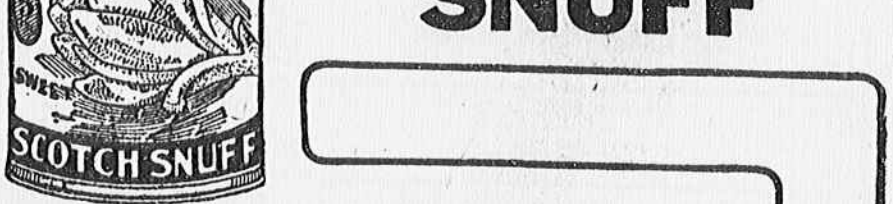
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